



## Flu Vaccine Video Script

Getting a flu shot is an important step to help protect yourself from the flu. And it's important for everyone six months and older to get a flu shot every year to protect against each season's most common flu viruses.

For many people who get the flu, symptoms will pass within one or two weeks. However, for some people, the flu can be much more serious. Young children, people who are pregnant, and older adults are at a higher risk of complications. Certain conditions — including asthma, diabetes, and heart disease — can also put people at greater risk of complications.

If you are afraid to get a flu shot because of something you've heard, let's go over two common myths. One popular myth is that the flu shot can give you the flu. This is false. In fact, flu vaccines help you develop antibodies to protect you against the flu. Another myth is that the flu vaccine can put you at risk of other respiratory infections. This is also false.

Now that you know the facts, getting a flu shot should be an easy decision to make. It's your best bet for protecting yourself and your family from the flu and flu-related complications. Now all you need to do is schedule your flu shot.

For more information on the flu vaccine, or to schedule an appointment, call your primary care provider or your health plan's Member Services department.